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Anti-violence program may be lost: Committee

FUNDING The Calgary Domestic Violence Committee said the city could lose the Violence Prevention Program (VPP) through the Calgary Humane Society due to a funding decision through the city's Crime Prevention Investment Fund, and it is now rallying behind it.

The CDVC said the program helps to educate the community on the connection between animal and family violence.

"The Calgary Humane Society's Violence Prevention Program is an important link in our community of care, and we are proud to stand together with the domestic violence community to implore city council to approve funding for the program," said Lisa White of the Alliance to End Violence.

METRO CALGARY



The Philadelphia Flyers' Dan Carcillo is checked by Niklas Hagman, one of the newest additions to the Calgary Flames, during first-period NHL hockey action in Calgary yesterday. The Flyers blanked the Flames 3-0. **Story, page 13**

SW BRT proposed

Study sought for direct bus line from southwest to downtown

DARREN KRAUSE
darren.krause@metronews.ca

More frequent buses. Fewer stops. Dedicated bus lanes. A faster trip from southwest Calgary to the downtown, all via transit.

That's the vision of Ward 11 Ald. Brian Pincott, who will lobby his colleagues at the Feb. 8 council meeting to support a study on the implementation of a future southwest Calgary Bus Rapid Transit (BRT) line.

He sees the route running from downtown, through the Mount Royal University

"We've got a great opportunity here to do something different."

Ald. Brian Pincott

area, and travelling south on 14 Street SW to Anderson Road, servicing the communities in that area.

"We know that we have to look at southwest transportation, south of the reservoir," said Pincott, adding that ring-road failures have made southwest corridor transportation solutions a high priority.

He said Calgarians need other options to get downtown, aside from the current bus feeder system to

the LRT, and ideally that would involve the development of an expanded infrastructure — including bus-only lanes — to offer faster, more efficient service.

Chris Jordan, co-ordinator of strategic transit planning for Calgary Transit, said this type of system could operate as a stand-alone mass-transit corridor — without future proposed LRT — and has been identified as such in the Calgary Transportation Plan and in

Plan-It Calgary.

Jordan said the route could provide service to an area similar to the southeast BRT, around 100,000 people, in the long term, but a timeline, cost and necessary infrastructure would have to be determined by the proposed study.

Pincott said this is a chance for the city to "expand its palette" and start thinking of implementing enhanced transit systems.

"We've got a great opportunity here to do something different," Pincott said. "And we all know south of Glenmore needs transportation help."

Hike in tuition unlikely: Minister

KRISTA SYLVESTER
krista.sylvester@metronews.ca

EDUCATION "Not going to happen."

Unless it's proven a mistake was made in the 2004 tuition-grant structure, the University of Calgary and other post-secondary institutions will not get government approval to raise tuition, Advanced Education Minister Doug Horner told Metro.

"We haven't seen the proposals yet but we need to see if a mistake was made, and if not, well, it's simply not going to cut it," Horner said, adding if universities want an increase for the fall semester they need to make their arguments soon.

"I think if they get the proposals in, we can have a decision by the end of February or into March. But they need to make their case."

Horner added it's important for the province to maintain post-secondary affordability, which he said is more than just tuition costs.

"We have done a lot of things in the past years to maintain affordability and I think post-secondary students see that," Horner said.

His comments come on the heels of U of C's recently announced market modifier that could effectively force tuition hikes of up to 46 per cent for programs like law, medicine, engineering and business.

News on the Move
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Countdown to 2010
Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.
• Today — Skaters hope chemistry mixes into gold, page 13
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Local

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METRO CALGARY

City to plow residential roadways

KRISTA SYLVESTER
krista.sylvester@metronews.ca

For 75 cents per person, per month, Calgarians will see snowplows in residential neighbourhoods in a move that could pilfer up to \$10 million from city reserves.

City officials released the interim snow and ice removal policy yesterday in response to the recent heavy snowfalls and public fallout — deeming impassable residential roads a clearing priority for the city.

"What this new policy does is give us the ability to get into those areas where typically we have not provided winter maintenance," said Ryan Jestin, the city's director of roads.

Residential road cuts will be deemed impassable if they are more than 12 centimetres, and will be cut down up to twice per winter.



Ryan Jestin, the city's director of roads, leans on one of the city's roads maintenance trucks that will be heavily used with a new interim snow policy announced yesterday.

"What this will not do is provide bare pavement on every road in the city nor will it eliminate every rut in residential roads."

While most citizens have been waiting for better residential clearing, Jestin warns the side-effects of clearing snow will cause

"windrows" or snow banks that Calgarians will be responsible for clearing.

Roads maintenance manager Dean Bell said in-

7,000 km more

The interim policy will address the almost 15,000 kilometres of paved roads in Calgary, an addition of 7,000 km over the existing policy.

creased service could mean more overtime hours and other business units may help keep up with the new demand.

"We're not going to have the ability to buy equipment right now, we're not going to have the ability to hire new people right now, but we have a bunch of options," Bell said.

Ward 12 Ald. Ric McIver said he was pleasantly surprised with the key policy points because he presented some to council two weeks ago. "I'm glad administration was paying attention. I think it's an improvement and it's welcome," he said.

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WHAT'S ONLINE TODAY

Video Folk icon Kate McGarrigle honoured in song as hundreds attend Montreal funeral at metronews.ca/canada



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CALGARY OBITUARIES

CalgaryObits.com

notes the following deaths in our community:

ARMSTRONG, Edward Albert (Ed)
AUDETTE, Betty May (nee Drew)
BENTSON, Wayne Douglas
BIRCH, Grace Love (nee Wilson)
EARL, Audrey Lillian (nee Blakeman)
ELLIS, Robert (Bob) Sampson
EVANGELISTA, Antonietta Matilda (nee Petrolini)
FROGGATT, Beatrice
HINES, John Franklyn
HYSKA, Bernice Frances
JOBIN, Louis Joseph
JONES, Jo-Anne Melanie (nee Boyd)
KANNA, Agnes Aki
LESOURD, William (Bill) Fisher
MACDONALD, D. Lorne
MACKAY, John-Michael
MCGREGOR, Leslie Ann
MCKAY, Elaine Kathleen (nee Moffitt)
MCLAREN, Geoffrey Charles
PETLEY, Allen Michael (Mike)
PHILAN, Donald (Don) Gordon
PREST, Gordon Alexander
REDWOOD, A.J. Dakota (Big Bear)
REINHOLDT, (Avery), Hudson Aksel John
SABA, Hiam
SCOTT, Wayne
SLATER, Marjorie Ellen (nee Bunyan)
TURNER, Robert (Bob)
VACHON, Joyce (nee Shuttleworth)
VINCENT, Jennifer (Jenny)
WALDER, William Donald (Don)
WILDMAN, Neil Charles

For full obituaries go to CalgaryObits.com

News in brief

SURVEY The January RBC Canadian Consumer Outlook showed job anxiety is up in Alberta, to 31 per cent from 28 per cent in December — one of the highest levels across Canada. Also, 63 per cent of Albertans are worried about their current debt level — compared with 58 per cent across Canada.
COLLISION Turner Valley RCMP are investigating a crash involving a pickup truck and a school bus around 9 a.m. yesterday. Police said a west-bound school bus and an east-bound truck collided after the truck fishtailed while driving up a hill. No children were on board the bus. The school bus driver was treated for minor

injuries, while the lone occupant of the pickup truck was taken to Calgary Hospital.
RE-ENACTMENT Calgary Crime Stoppers will re-enact a January assault today where a victim went outside his Patterson home to investigate a noise, when police say he was attacked by two men. The man was left at the scene with stab wounds, but was taken to hospital and later released. Police are hoping the re-enactment will encourage citizens to come forward with any information.

METRO CALGARY

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CalgaryTweets

@FineGirlB City of calgary thinking about banning party buses?! Really? #YYC
@shandro Heading to the Dome tonight to see the

@NHLFlames. Excited to see the new players. #yyc
@DonBraid Election year in Calgary — the first snowplow in 100 yrs just went down our

street!! @ #yyc
@UnionEvents Still tix available for #Vampire Weekend in #yyc — go get them before they're gone!



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Affordability drives housing in city: Board

REAL ESTATE Affordability continues to drive recovery in Calgary's housing market, according to numbers released by the Calgary Real Estate Board (CREBR) yesterday.

The number of single-family homes sold in January 2010 in Calgary was up 39 per cent from the same time a year ago, while condominium sales saw an increase of 67 per cent from the same period.

"For the time being, average home prices are more in line with average incomes. The story for 2010 will be a ... steadier market," said CREBR president Diane Scott. She also said a gap between costs of renting and costs of owning a home will attract more first-time buyers in 2010.

The average price of a single-family home in Calgary in January 2010 was \$441,217, a two per cent decrease from December 2009.

METRO CALGARY



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U of C study backs ski helmets

Protection found to reduce risk of injury by 35% on slopes

Slipping on a helmet before skiing or snowboarding down the slopes significantly reduces the chances of a head injury, suggests a review of scientific studies from around the world by University of Calgary researchers.

The analysis, published in yesterday's edition of the Canadian Medical Association Journal, concludes that wearing a helmet reduces the risk of head injuries in skiers and snowboarders by about 35 per cent.

It also found that there was no foundation to the concern that children wearing a helmet might be more vulnerable to hurting their necks.

"Based on our findings, we encourage the use of helmets among skiers and snowboarders," concludes the researchers.

According to the study, head injuries account for up to 19 per cent of injuries reported by ski patrols and emergency departments. Neck injuries account for up to four per cent.



A new study by University of Calgary researchers Brent Hagel, shown, and Kelly Russell has determined helmets significantly reduce the risk of head injuries among skiers and snowboarders.

"Head and neck injuries are disproportionately represented in cases of severe trauma, and traumatic brain injury is the leading cause of death and serious injury among skiers and snowboarders."

To gather the data, researchers from the university looked at a dozen studies from Canada, the United States, Japan and Europe. The studies involved head injuries, neck injuries or both. They looked at self-re-

ported injuries as well as reports from ski patrols, emergency rooms and insurance companies.

Within all the studies, 9,829 participants wore helmets and 36,735 did not.

THE CANADIAN PRESS

Oilsands need to shape up, Prentice says

DEVELOPMENT Canada risks becoming the international poster child of unsound resource development if it doesn't do a better job of developing the oilsands, says federal Environment Minister Jim Prentice.

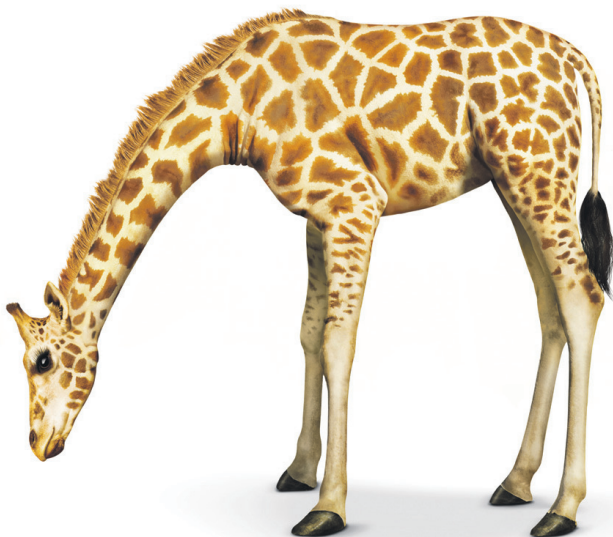
He told a Calgary business audience yesterday Prime Minister Stephen Harper's government supports continued expansion of the oilsands, but large energy companies need to do more as Canada seeks to reach targets under the Copenhagen accord.

"The development of the oilsands and the environmental footprint of these industrial activities have become an international issue and as such, they now transcend the interests of any single corporation," Prentice said. "What is at issue on the international stage is our reputation as a country."

Prentice said on Saturday that Canada has committed to the UN that it will cut its carbon emissions by 17 per cent from 2005 levels over the next 10 years.

THE CANADIAN PRESS

Feeling constrained?



Buy a toque to help put cap on homelessness

CHARITY Just over four years ago, William, now 17, was told to leave his home one night without warning — with no place to go, no plan in place.

The first night, he slept beneath a tree near his school, scared, cold and alone. He was young and homeless in Calgary.

His story has a happy ending: He now lives at Wellington Place, a group home that provides him "a sense of home and belonging," he said. But that's not always the case for others afflicted by youth homelessness.

The 13th annual Raising the Roof national toque campaign, with the McMan Youth, Family and Community Services Association, will raise funds through the sale of \$10 toques to help provide support for solutions to youth homelessness.

The winter warmers will be available throughout the



The McMan Youth, Family and Community Services Association is asking Calgarians to support the Raising the Roof campaign with the \$10 purchase of a toque in the downtown.

"(Youth) deserve to have an opportunity to reach their potential."

Bonnie Malach, HACC downtown core today from 7 to 9 a.m. and 11 a.m. to 1 p.m., with the goal of selling 4,000 toques. For every

200 toques sold, one youth can be put through school for a year, or an apprenticeship program for two months.

"(Youth) deserve to have an opportunity to reach their potential," said Bonnie Malach of the Homeless Awareness Calgary Committee.

DARREN KRAUSE/METRO CALGARY

News in brief

NOMINATIONS The nomination process for the 2010 Calgary Police Commission Community Policing Awards is now open to the public. These awards were introduced in 2008 and are designed to give recognition to citizens for community contributions. The nomination forms are available online at

calgary.ca/policecommission. **LAW SUIT** Two animal-rights groups are suing the City of Edmonton over Lucy the elephant. Zoocheck Canada and PETA filed a court application yesterday claiming the city is breaching Alberta's Animal Protection Act by keeping Lucy the elephant ill, alone and in distress. The case is supported

by affidavits from several experts.

ACCIDENT Police are continuing to investigate after a 62-year-old pedestrian was struck in the 200 block of Martindale Drive NE late Sunday night. She suffered serious injuries. Police believe alcohol was a factor in the collision.

METRO CALGARY

Seal hunt for Cape Breton going ahead

A federal fisheries official confirmed the department intends to authorize a grey seal hunt this month in a protected area off eastern Cape Breton. **THE CANADIAN PRESS**

5

Canada

Three suspended at embattled rights agency

Rights and Democracy turmoil continues

Three senior managers at a government-funded rights agency rocked by allegations of Conservative meddling have been suspended, including one of its longest-serving employees.

A well-placed source with the organization told The Canadian Press that Marie-France Cloutier, Razmik Panossian and Charles Vallerand were suspended with pay from Rights and Democracy late Friday, and told that they were the subjects of an internal investigation.

The three were among the staff that had earlier declared non-confidence in the Conservative-appointed chairman and two board

Liberals accuse Tories of sabotage

• The Liberals have accused Prime Minister Stephen Harper's government of trying to sabotage the organization from within. NDP Foreign Af-

fairs critic Paul Dewar yesterday called for a parliamentary committee to investigate the troubles at Rights and Democracy.

members. Cloutier, the resource and administrative director, has been with the organization since 1990, working alongside first president and former NDP leader Ed Broadbent.

The independent agency has been in turmoil for the last year, but the problems came to a head earlier this month when president Remy Beaugard died of a heart attack following a tense board meeting.

Beaugard had been in a struggle with three other board members over the direction of the agency, specifically on policy and funding decisions related to the Middle East. At the time of his death, he was disputing the details of a performance review that had been sent to government bosses without his input. Staff had declared non-confidence in those board members.

THE CANADIAN PRESS

Vancouver Coke gives \$350K for inner-city court



Youth shoot baskets at a park in Vancouver's Downtown Eastside yesterday. Coca-Cola announced its \$350,000 investment to create an inner-city outdoor sport court in Vancouver as a part of the legacy of sponsoring the Vancouver 2010 Olympic Winter Games.

News in brief

UFO A UFO researcher and author from Finland says mysterious objects seen over Newfoundland last week were likely jetliners catching the winter sun. **THE CANADIAN PRESS**

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A new poll suggests Harper may be in trouble as Liberals gain traction in key ridings. Scan this code for the story.

Group targeting indoor tanning

CANCER The spot was very dark, almost black, barely the size of a pencil eraser, and would bleed when Jackie Connors shaved her legs. She was shocked when doctors confirmed it was melanoma. From around age 16, Connors had frequented tanning salons, paying visits three times a week.

Now 36, Connors is part of a new campaign by the Canadian Dermatology Association which features melanoma survivors en-

couraging young women to learn the facts about indoor tanning.

The CDA has long advocated against indoor tanning use. But with its "Indoor Tanning is Out" campaign, launched yesterday, the organization representing Canada's dermatologists is targeting young women with its message. The association says melanoma has become the third most common form of cancer among young Canadian women. **THE CANADIAN PRESS**

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Comment

A different kind of Conservative

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Stockwell Day kicked off his tenure as the new Treasury Board secretary with a folksy note. "Hello out there in Treasury Board land!" he wrote employees. "As your newly appointed

president ... I don't mind telling you I'm feeling a little bit overwhelmed."

Yikes, he exclaimed, all these briefing books are so huge! So much to learn. His grandkids, he said, would be asking what do Treasury Board people do? "Do they take care of treasures?"

And Stock said he would tell them, "Well, kind of." And on he went in that chummy vein.

This is strange behaviour for a minister in Harperland. It's the kind of reaching out rarely seen in a gov-

ernment that is so uptight. But it's been Stock's way all along. He is the tension defuser, relaxed as can be. It's among the reasons he has been successful.

He is a remarkable story, a political Lazarus, a foremost example of the wisdom in the old adage — never give up, no matter how hard life is kicking you. Day, of course, is the former Alliance Party leader who imploded in the space of a year. He was derided as a lightweight, the guy who staged a drip-

ping-wet press conference on an Okanagan beach. A party rebellion forced him out. It was thought he would never be heard from again.

But he quietly made strides, first as minister of public safety, then as trade minister. He's seen as a straight shooter. While colleagues have turned the Commons question period into a hackneyed circus of partisan exhibitionism, he gives reasonable answers.

At Treasury Board he will be on the hot seat, charged

with bringing down the spiralling federal deficit. It's about credibility. And Day, who had so little of it some years ago, now finds himself as being among the most trusted performers on the Conservative front bench.

The other big guns are hurting. Environment Minister Jim Prentice has been given little to do on the global warming file except gather fossil awards. Defence Minister Peter Mackay was doing well, but took a big hit on the Richard

Colvin file. Justice Minister Rob Nicholson's charges of the opposition being soft on crime ring hollow. His own government has done more to obstruct crime legislation through prorogations than have the opposition parties. Finance Minister Jim Flaherty is doing better, but his history in the portfolio is tarnished.

That leaves Stock Day. Who would have thunk it?

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Please hold, your call is important to us

InBusiness

Charles Davies

metronews.ca/inbusiness

Here's some unsolicited advice for companies that want to make the most of the economic recovery, improve customer service and satisfaction, and create jobs.

What I'm going to suggest will cost, but it will boost revenues and, perhaps most importantly, improve customer loyalty. The idea is simple: Get rid of au-

tomated telephone systems and bring back the switchboard. Then, invest in customer service by hiring and developing skilled people who are not only articulate and educated, but also possess the common sense to treat each customer call as unique.

Lest you think this is the raving of a hopeless Luddite, consider the corrosive effect of the phone systems and customer service regimes we have now. Automated phone systems are supposed to speed customers to the right destinations in a company by providing menu choices, very often using computerized

voices that sound eerily like your least favourite elementary school teacher.

But in this case, technology actually retards progress. It is one thing to punch in your language of choice, but it's instantaneously frustrating to navigate a series of choices, none of which may apply to your problem.

By the time you actually reach a human being, usually by stabbing the "0" button until your finger bleeds, your patience is frayed, only to be left in tatters when the person you're talking to gets you to repeat information you've already given and then proceeds to be thoroughly unhelpful.

Just imagine, however, if your call was immediately picked up by a live, courteous and smart person. Using knowledge of a company's workings, the operator could plug you in to someone who actually has the knowledge and communication skills to solve your problem.

The reality for businesses is that customer service is the vital front line. And sometimes technology isn't the solution, but part of the problem. Going retro just might be the answer.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



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Alleged Edwards sex tape a hot commodity?

A former aide to former U.S. presidential candidate John Edwards said he's received and rejected offers to sell what he says is a sex tape showing Edwards with his former mistress. **THE ASSOCIATED PRESS**

7

World

Obama's budget: Bad news for Canada?

In his proposed \$3.8-trillion US annual budget submitted to Congress yesterday, U.S. President Barack Obama is once again stressing job creation as a form of life support for the seriously ailing U.S. economy.

Obama's new-found focus on creating jobs, and the reappearance of the controversial Buy American provisions in yet another piece of mammoth legislation winding its way through Congress, spells more bad news for the Canada-U.S. relationship. In his state of the union address last week, Obama said he backed "Jobs for Main Street," the \$100-billion legislation with the moniker that contains the very same

Buy American measures that were part of the \$787-billion economic stimulus package passed by Congress a year ago.

"What we're in for in the next few months, until the mid-term elections, is 'jobs for Americans' being a very attractive, populist political rallying cry for Congress," Birgit Matthiesen, the Washington-based senior adviser for Canadian Manufacturers and Exporters, said.

The seeming escalation of Buy American looms as negotiators from the U.S. and Canada are ensconced in 11th-hour talks revolving around a possible Canadian

Doing YouTube

Barack Obama sat down yesterday to become the first U.S. president to take questions from constituents over YouTube.

exemption from the protectionist provisions in the American Recovery and Reinvestment Act.

Rumours of an imminent deal have been swirling in D.C. in recent weeks, with whispers that Obama would use his executive power to deem that portions of the Canadian economy could be considered American since supply chains in both countries are so intrinsically entwined. **THE CANADIAN PRESS**



Obama

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A team of Polish scientists say they have discovered three Neanderthal teeth in a cave in the southern part of the country. The lead researcher says that although Neanderthal artifacts have been unearthed in Poland before, the teeth are the first remains of Neanderthals themselves discovered. **THE ASSOCIATED PRESS**

Americans knew taking kids was wrong: PM

Haiti's prime minister said yesterday that 10 Americans who tried to take a busload of undocumented Haitian children out of the country knew that "what they were doing was wrong," and could be prosecuted in the United States.

Prime Minister Max Belleville also said that his country is open to having the Americans face U.S. justice, since most government buildings — including Haiti's courts — were crippled by the monster earthquake.

"It is clear now that they were trying to cross the border without papers. It is clear now that some of the children have live parents," Belleville said. "And it is clear now that they knew what they were doing was

Haiti Crisis

wrong." If they were acting in good faith — as the Americans claim — "perhaps the courts will try to be more lenient with them," he said.

U.S. Embassy officials would not say whether Washington would accept hosting judicial proceedings for the Americans, who are mostly from Idaho. For now, the case remains firmly in Haitian hands, State Department spokesman P.J. Crowley said in Washington. U.S. diplomats have had "unlimited" access to the 10 detainees, and will monitor any court proceedings, said Crowley. They have not yet been charged.

Members of the church group insisted they were only trying to save abandoned and traumatized children — but appeared to lack any significant experience with Haiti, international charity work or international adoption regulations. After their arrest Friday near the Dominican border, the church group members were placed in two small concrete rooms in the same judicial police headquarters building where ministers have makeshift offices and give disaster response briefings.

Investigators have been trying to determine how the Americans got the children, and whether any of the child traffickers that have plagued the impoverished country were involved. **THE ASSOCIATED PRESS**

Iraq Suicide attack targets Shiite pilgrims



Shiite pilgrims file into the holy city of Karbala yesterday, as faithful gather for Arbaeen. A female suicide bomber walking among Shiite pilgrims in Baghdad detonated an explosives belt yesterday, killing 54 and wounding more than 100, officials said.

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NASA President Barack Obama is redirecting America's space program, killing NASA's \$100-billion US plans to return astronauts to the moon and using much of that money for new rocket technology research.

The moon plan, which NASA had already spent \$9.1 billion on, was based on old technology and revisiting old places astronauts had already been, officials said.

The \$4 billion that NASA spends yearly on human space exploration will now be used for what NASA and White House officials called dramatic changes in rocketry, including in-orbit fueling. They said eventually those new technologies would be used to send

\$9.1B Money already spent to date on NASA's discarded moon project.

astronauts to a nearby asteroid, a brief foray back to the moon, or the Martian moons.

Former president George W. Bush proposed the moon mission after the 2003 space shuttle Columbia disaster that claimed seven lives — exactly seven years ago yesterday.

Besides redirecting money to new technologies, NASA is getting an extra \$6 billion over five years to encourage companies to build private spaceships that NASA could rent.

Many of those compa-

nies are run by Internet pioneers. The companies included in the pilot project include Blue Origin, which is run by Amazon founder Jeff Bezos. Another firm already building private rockets is run by PayPal founder Elon Musk. NASA will also spend an additional \$2.5 billion over five years for more research on how global warming is affecting Earth.

THE ASSOCIATED PRESS

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No Google, no cry: Many Chinese are struggling off Google's possible exit from the country. Scan this code for the story.



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Submissions Close Monday March 1st, 2010

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please visit the Calgary Police Commission Website for further information, criteria and a copy of the nomination form, www.calgary.ca/policecommission

News in brief

ISRAEL The Israeli military said yesterday it reprimanded two high-ranking officers for approving the firing of artillery shells toward a UN compound during the Gaza Strip war last year — the first admission of any high-level wrongdoing during the offensive. Israel announced the punishment in a document submitted to the UN last Friday in response to a report that has accused Israel's military of committing war crimes, including the use of white phosphorus, an incendiary munition, in the attack.

CALIFORNIA Giant squid weighing up to 60 pounds each have invaded the waters off Newport Beach and are being caught by sport fishermen by the hundreds. The squid showed up last week and anglers started booking twilight

fishing trips over the weekend to catch them. The Humboldt squid is also called the jumbo squid or jumbo flying squid and squirts ink to protect itself.

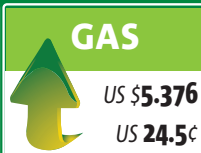
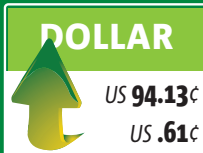
CLIMATE CHANGE The reduction goals announced by the nations responsible for the bulk of the world's greenhouse gas emissions are likely to fall short of what many scientists say is needed to limit the disastrous effects of climate change, a UN official said yesterday. Janos Pasztor, the top climate adviser to Secretary General Ban Ki-moon, however, said the commitments, which largely reaffirm their previous pledges, make it highly unlikely the world can meet the goal set at the Copenhagen climate conference. **THE ASSOCIATED PRESS**

Huge pay raise for Time Warner boss

Time Warner Inc. Chief Executive Jeffrey Bewkes is getting a pay raise potentially worth an extra \$3.25 million US a year.

The company's compensation committee last week approved a \$250,000 increase in salary to \$2 million a year, retroactive to Jan. 1. **THE ASSOCIATED PRESS**

Business



EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Forestry industry must diversify, says study

The future of forestry lies in blending the production of traditional wood products with new eco-friendly ones such as biochemicals and bioenergy, says a new study.

The forest industry needs to extract the maximum value "from every tree harvested," Avrim Lazar, president of the Forest Products Association of Canada, said yesterday.

The study, based on interviews with 65 experts as well as industry leaders and government, predicts a bright future for the forest industry despite the economic downturn and the resultant 50,000 job losses and collapses in the demand for lumber and paper.

"What we need is a shift in business model, a new business model that still produces lumber, pulp and paper but also extracts maximum value from every tree harvested," Lazar said. "The message for government is that we have to re-examine our

"It's not government's job to support the status quo, to inhibit change. It's government's job to accelerate this transformation." Avrim Lazar, president, Forest Products Association of Canada

policies and programs to make this possible. It's not government's job to support the status quo, to inhibit change. It's government's job to accelerate this transformation."

The forest products association is calling on Ottawa to offer economic stimulus to facilitate the change through research, tax measures and other funding.

The payback will be a big increase in clean energy for Canada, sustainable jobs in the forest industry, and revitalized investment, Lazar said.

While demand for paper will continue to wane, he said most of the industry sees good future demand for lumber, pulp, bioener-

gy and other new wood products. The challenge facing the industry is to capitalize on the demand for new products to restore growth, the president said.

One way of doing that is to diversify markets and reduce forestry's dependence on the United States.

"The forest industry's gone through a very hard time," Lazar said.

THE CANADIAN PRESS

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Canwest makes changes to the sale of its major newspaper holdings after complaints from lenders. Scan this code for the story.

Tokyo JAL keeps us in suspense



Japan Airlines' new chairman, Kazuo Inamori, reacts as he is asked by a photographer to pose after his press conference in Tokyo yesterday. The carrier will decide on its alliance partner "as soon as possible" but wouldn't provide a timeframe. JAL filed for bankruptcy two weeks ago.

Business in brief

RECALL Toyota says all 270,000 vehicles in Canada affected by a huge recall should be able to have their defective accelerator pedals repaired within a month, with dealers expected

to begin work on priority vehicles by the end of this week. Customers who own a vehicle that has been recalled should expect a call from their dealer.

THE CANADIAN PRESS

Your Money

Understanding RRSPs

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

RRSPs are over half a century old but there's still a big misconception about them. At this time of year I commonly hear something like this: "I just bought an RRSP." Oh no you didn't.

Think of it this way, an RRSP is merely a box. And you don't buy it, you open it, like a bank account. The important part happens when you purchase products for that retirement box or account. The quality of what you choose will have a dramatic impact on whether you live skinny or fat in your golden years.

One reason so many people are confused about

RRSPs lies in the way they have been promoted and sold. There's been too much focus on getting money into the RRSP and not enough on what happens afterwards.

When you set up monthly or lump sum RRSP contributions at your bank, an adviser usually offers boilerplate portfolios based on an assessment of your risk tolerance. These portfolios typically contain from six to 10 mutual funds with your money automatically parceled among them. But are the individual funds the best available? Too often these packaged portfolios contain some good funds, some mediocre ones and some that are awful.

Additionally, banks and other financial institutions are predisposed to sell their own products, called proprietary funds, while there might be others which are better performers or which have lower fees.

The other mistake commonly made by contributors is to select funds, either on their own or with the help of an adviser, that fall into the same fund family. Rarely does one fund family do everything well. Some, for instance, are excellent at managing fixed income while others excel at domestic stocks.

ALISON'S MONEY RULE
The box that is your RRSP is the least important part of your retirement savings plan. What you put in the box is the most important.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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MBA Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

MBA skill set in demand

RAFAEL BRUSILOV
for Metro Canada



With greater career mobility, pay increases and a skill set that makes graduates strong business leaders, the benefits of an MBA degree can be hard to pass up.

Among other things, an MBA degree can teach you crucial leadership, resource and people-management skills that are in demand for a large number of business organizations.

Leslee Harden, director of the MBA program at the Edwards School of Business in Saskatoon, says the best quality of an MBA degree is its holistic nature.

"I don't think there's any debate that an MBA is a ubiquitous degree — any or-

"Any organization can use someone with the kind of education an MBA can bring."

Leslee Harden, Edwards School of Business

ganization can use someone with the kind of education an MBA can bring. Not only does an MBA allow access to careers within various organizations, but across industries as well," Harden said.

A recent study by U.S. human resources firm Accountemps showed that about 80 per cent of senior management staff at corporations and financial firms hold MBA degrees, suggesting the degree is considered by many to be a requirement for senior leaders. Figures from several sources, including businessweek.com, show a potential salary increase

post-MBA to be anywhere from 30 to 80 per cent.

Harden says beyond the expected pay increase, an MBA can let technically skilled people such as scientists and engineers move into lucrative managerial roles and let others jump on senior positions that open up within an organization.

"An MBA degree is all about understanding the connections within business and managing people, money and processes to make effective business decisions — any business can use that," Harden said.

Jacquelin Thayer Scott, former president and cur-

rent professor at the Shannon School of Business at Cape Breton University, says many MBA students come into the degree through job experiences rather than pre-planning — a good thing since that makes for a much more natural progression into the skills the degree teaches.

"A lot of graduates didn't initially see themselves as managers. They worked at an organization where eventually they did a good job and the boss asked them to take on management responsibilities — that's when they suddenly realized they didn't know how to manage," Scott said.

She says networking is a huge part of today's global business climate, so make sure to forge connections in the classroom.

"Take the opportunity in the classroom to get to know those students from other countries because you're creating a personal network that can be really valuable," Scott said.



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Atlantic Canada programs a hit

JON TATTRIE
for Metro Canada



Atlantic Canada's entrepreneurial spirit makes it the ideal place for budding businesspeople to learn the trade, and universities across the region offer top MBA programs.

In Halifax, Saint Mary's University offers a bachelor of commerce and a master of business administration at its Sobeys School of Business. After that, students can continue their studies with the executive master of busi-

ness administration. According to Canadian Universities (Canadian-universities.net), it offers "some of Canada's best business education." It has about 103 students and tuition is \$14,157 per year. A full-time MBA takes between 16 and 20 months.

Just down the road from SMU, Dalhousie University's School of Business Administration offers a corporate residency MBA. CU calls it one of the "premiere providers of education in management, and its traditional strengths has been in finance, informational technology, inter-

national business and marketing." It takes 22 months, has 100 students and tuition is \$19,124 per year.

Head east and Cape Breton University's MBA program runs near Sydney. It "offers an educational experience, which is rooted in the culture, history and political economy of its home province." The MBA takes 16 to 20 months, has about 20 students and tuition is \$18,240 per year.

In Fredericton, the University of New Brunswick offers "comprehensive and innovative educational opportunities emphasizing critical thinking, communication skills, financial and market literacy, and the importance of technology in the corporate world." Its MBA takes two years, with tuition at \$16,679 a year, and has 97 students.

UNB also offers an MBA at its Saint John's campus. It boasts one of the lowest professor-student ratios in Canada, with about 50 students enrolled in the 12-month course. Tuition is \$18,000 per year.

On the rock, Memorial University of Newfoundland (MUN) was the first in Atlantic Canada to receive accreditation from the Association to Advance Colle-

giate Schools of Business, one the world's foremost accrediting body for business schools. It takes about two years, has about 130 students and tuition is just \$4,500 a year.

The other east-coast island province, Prince Edward Island, offers an executive-style MBA (basically an EMBA) at UPEI. The program started in 2008 and specializes in the study of

biotechnology, management and entrepreneurship. It takes a minimum of two years, with a tuition of \$11,000 per year. There are 70 students enrolled at present.



The cost for an MBA program in Atlantic Canada ranges from \$4,500 to \$19,124 a year.

MBA grads 'make a big impact'

DANIEL TAM
for Metro Canada



Recent post-secondary graduates looking to build some momentum in their upstart careers could consider obtaining MBA degrees found in many of Western Canada's universities.

Twelve universities from British Columbia to Saskatchewan offer either full-time or part-time MBA programs for graduates who have aspirations to one day work in management positions.

Specializations are offered in everything from finance and marketing to entrepreneurship and strategic management to fit the needs of even the most diverse group of students.

Brian Yiu, an investment banker now residing in Hong Kong, went for his MBA in finance at UBC when he was 25.

"I had worked for two years at CIBC as a management trainee when I took a leave of absence to go back to UBC to get my MBA," said Yiu. "The degree



Twelve universities from British Columbia to Saskatchewan offer MBAs.

helped me in being considered for new jobs and promotions."

Some notable graduates of MBA programs in Western Canada have made quite the impact in the business world as well as society. For example, president and CEO of HSBC Bank Canada Lindsay Gordon, as well as former Starbucks Asia Pacific President Pedro Man, are part of UBC's MBA Alumni.

Current B.C. Premier Gordon Campbell graduated from one of Simon Fraser University's MBA Programs.

"(MBA programs) prepare graduates to go into a wide variety of management positions," said Ed

Bukszar, associate dean at the Segal Graduate School of Business at SFU.

"We have very distinct programs," said Bukszar. "We have a finance program that's geared towards financial training in risk management and investment management, and another that focuses on transitioning scientists and engineers into management roles."

Students applying for their MBA come from a variety of academic backgrounds, said Bukszar.

"I've got an opera star in my class with a music background, sitting next to physicists, mathematicians and even a professional snowboarder," said Bukszar. "It's a very diverse group, not only in terms of cultural diversity but also in terms of their academic and personal interests."

The education obtained through MBA programs can help students gain traction in their careers, said Bukszar.

"I honestly and completely believe that these people are going to make a big impact on the world," said Bukszar.

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Green MBA students learn focus on sustainability while also considering how to maximize profits.

MBA go green

More schools focusing on sustainability

KEITH CARMAN
for Metro Canada

The industrial revolution had many impacts on our planet, two unforeseeable: Environmental havoc and, in turn, an admission that something must be done to alter this destructive path.

Everyone from market-
ing to manufacturing has

taken up the ecosystem's cause, with two fiscally oriented fields in particular — business administration and post-secondary institutions — recognizing their part in social responsibility. Working together, they have updated the MBA through a fresh choice in distinction: Sustainability — a.k.a. the "Green" MBA.

Traditionally, an MBA focuses on a financial standpoint: Management, conventional economic theory and business ethics. However, as the reality of maintaining global finance is increasingly impacted by environmental concerns, business has acknowledged its accountability in maintaining current practice while ensuring future revenues. It must maximize profit while affecting Mother Nature minimally. In essence, business needs a balance of understanding economy and ecology; the Triple Bottom Line referred to insiders as People, Profit and Planet. Enter MBA graduates with a mind for the landscape.

In that respect, many Canadian universities now offer sustainability/social responsibility as an addendum to their continuing MBA programs. A curriculum that broadens respected business models to include three new criteria — economic (the financial implication of depleting natural resources); environmental (loss of commercial flora or fauna; global warming); and social (increasing population overtaxing the planet).

Completion of the green MBA is generally within the original course's duration of approximately four-and-a-half years from bachelor's degree to master's. Sixteen of those months focus more intensely on global impact, and the result is an MBA with accompanying diplomas characterizing attention to sustainability.

Growing in popularity, Green MBAs abound across Canada. Virtually every post-secondary institution offers a direct program or variation, creating a swath of carbon-



York's Schulich School of Business was recently named the Top Global Green MBA school.

offsetting footprints across the Great White North. The likes of Sauder (University of B.C.), University of Alberta and Manitoba, Richard Ivey (Western), Laurentian, McGill and more boast such programs, while York's Schulich School Of Business was deemed Top Global Green MBA school by non-profit humanities organization The Aspen Group (TAG) for 2009-2010. It beat out competitors such as Yale and Notre Dame thanks to what TAG identified in their latest report as an "extraordinary

number of courses available to students that contain environmental, social and ethical content" and many "relevant scholarly articles ... published by the school's faculty members."

To that extent, distinction is crucial in garnering fresh enrolment to green MBAs. Halifax's Dalhousie boasts an MBA in natural resources, whereas the University of Victoria has embedded sustainability directly into all MBA and bachelor of commerce degrees. Summarizing University Of Ottawa Professor David Wright, Telfer School of Management yields a green MBA that "directly addresses the business impact of (climate change), corporate social responsibility (and) ... identifying the business opportunities that arise from climate change."

It would seem commerce and universities are interested in a different sort of "green" these days.



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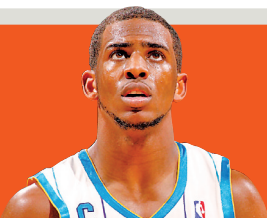
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Strong return for Massa

Ferrari driver Felipe Massa returned yesterday to a competitive Formula One car for the first time since a life-threatening crash last summer and promptly set the fastest time in the season's debut test session. **THE ASSOCIATED PRESS**

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Sports



Injury sidelines Paul

Charlotte Hornets all-star point guard Chris Paul, left, is out indefinitely with a left knee injury that will likely require surgery. An MRI revealed more damage to the knee than the initial diagnosis of a bruise, Hornets coach Jeff Bower said yesterday. The coach refused, however, to confirm reports that Paul had a meniscus tear and would miss at least a month. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

CFL The 2010 Canadian Football League schedule kicks Canada Day off with a Grey Cup rematch while Moncton will host the first regular season game in Atlantic Canada on Sept. 26 featuring the Edmonton Eskimos and Toronto Argonauts.

SOCCER Stoke drew 0-0 at Sunderland yesterday for a result that left the teams side by side mid-table in the Premier League. Stoke stayed 12th in the Premier League with 26 points, two more than 13th-place Sunderland.

SUPER BOWL Coach Jim Caldwell says the Indianapolis Colts are preparing to play without defensive end Dwight Freeney in the Super Bowl, though he remains hopeful the All-Pro defensive end will suit up for the game. Freeney's sprained right ankle kept him out of practice most of last week.

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New-look Flames blanked

NHL RESULTS

Flyers 3 Flames 0



Mike Richards scored twice and Ray Emery made 18 saves for his third shutout of the season last night as the Philadelphia Flyers defeated the new-look Calgary Flames 3-0.

Richards broke a scoreless tie at 10:15 of the second off a series of lucky bounces. Simon Gagne knocked the puck out of the air and off Flames defenceman Jay Bouwmeester.

It bounced right to Richards, who ripped a high shot past Miikka Kiprusoff.

The Flyers extended the lead to 2-0 at 1:49 of the third after Jarome Iginla turned the puck over in the Flyers' end. Aaron Asham fed Claude Giroux, who sped in alone on Kiprusoff and neatly put a backhand over the Flames goaltender.

Richards added his 22nd of the season on a power play at 17:44.

All four players acquired



Philadelphia Flyer Darroll Powe tackles Calgary Flame Jarome Iginla during first period action in Calgary last night.

Phaneuf makes himself at home

• Dion Phaneuf felt no first-day jitters and showed no signs of hesitation.

Instead, he walked into the locker-room at the Toronto Maple Leafs practice facility yesterday morning and made himself right at home.

"He's got a swagger about

him that we'll encourage," said Leafs coach Ron Wilson.

"That will rub off on our other guys. He walked into the dressing room, (said) 'Where's the music' and fired it right up, right away, without worrying about what anybody else said."

by the Flames in Sunday's blockbuster trade with Toronto that sent defenceman Dion Phaneuf, winger Fredrik Sjoström and minor-league defenceman Keith Aulie packing were in the Calgary lineup.

Matt Stajan moved right onto the top line centring

Iginla and Dustin Boyd. Finnish left-winger Niklas Hagman joined fellow countrymen Olli Jokinen on a line with Jamie Lundmark.

Meanwhile, Jamal Mayers skated on the fourth line and defenceman Ian White not only assumed

Phaneuf's old jersey No. 3 but also paired up with his former defence partner, Robyn Regehr.

With so much upheaval and just the morning's game-day practice to get used to their new teammates, the Flames were sloppy and disorganized.

Their 18 shots was the second-lowest output of the season.

The execution from the new players was also off at times, with Hagman fanning on a shot from the top of the faceoff circle in the first and White missing the net badly on a dangerous opportunity in the second.

THE CANADIAN PRESS

Defending champ suffers two upsets

CURLING Jennifer Jones' bid for a third straight Scotties Tournament of Hearts title took a big hit yesterday after her Canada foursome suffered a pair of shocking losses.

Jones came into the day's action with a perfect 3-0 record, but followed a 10-4 loss to the Northwest Territories/Yukon in Draw 7 with an 8-4 defeat to Newfoundland and Labrador in Draw 8.

Jones' Winnipeg-based rink is in a five-way tie for third in the standings with B.C., Quebec, Manitoba and Alberta.

Ontario's Krista McCarville also suffered her first loss, 7-6 to Saskatchewan's Amber Holland in Draw 6 earlier Monday. But she rebounded by scoring two in the 10th end in a 7-6 win over B.C. in Draw 8.

In other Draw 8 action, Quebec hammered Alberta 9-1.

THE CANADIAN PRESS

m.metronews.ca



Former players recall the "crazy" early days of the Super Bowl-bound New Orleans Saints. Scan this code for the story.

Vancouver Games

Moir, Virtue partnership forged over a decade

They lock eyes, clasp hands and the music starts, and for the next four minutes Tessa Virtue and Scott Moir skate as if there's nobody else in the building.

The Canadian ice dancing duo is among the best in the world, known for their innovative lifts, their intricate spins and footwork, and classic elegance in a discipline too often characterized by its kitschy costumes and cheesy routines.

Much of their allure is their unquestionable chemistry, their ability to capture an audience with their utterly believable romance.

But the two are just

friends, their relationship forged over sweat and spills and spirals in the more than 10 years they've been partners.

"Maybe the reason why we've lasted so long is we respect each other as individuals and we love each other," Moir says. "We've been together for so long, we've grown up together, and we just have this respect for each other, and the skating works."

It wasn't always so.

For the first year of what would eventually flourish into a medal-winning partnership, Virtue and Moir barely spoke to one another.

"Nooooo," Moir's mom Alma says, laughing. "He was

kind of sweet on her at first, and at that age when you have to hold a girl's hand, it's like 'Oh no, I can't talk to her too.' It was funny the first little bit."

Alma and twin sister Carol, both former skaters who coach in Ilderton, Ont., partnered the two when Tessa was just seven and Scott was nine.

Virtue, 20, and the 22-year-old Moir — who did date briefly when they were younger — quickly developed into one of the top young dance tandems in the country, and in 2006 became the first Canadian ice dancers to win the ISU world junior championships.

THE CANADIAN PRESS



Tessa Virtue and Scott Moir perform during the Exhibition Gala after the BMO Canadian Figure Skating Championships at the John Labatt Centre in London, Ont., on Jan. 17.

Games in brief

HOCKEY New Jersey Devils defenceman Paul Martin will not play for the United States in the Vancouver Olympics because of a slow-healing broken left forearm.

THE ASSOCIATED PRESS

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Fighting the winter blues

CELIA MILNE
for Metro Canada



Down in the dumps? Got the blues? Early February can be a depressing time of year.

The days are short and dark, the weather is cold and dreary, holidays are scarce and debt is piling up.

It's not just you. January and February can be a real downer for many people,

says Dr. Hymie Anisman, Canadian Research Chair in neuroscience at Carleton University in Ottawa.

What makes this time of year worse is the contrast between the happiness and energy we felt in December, versus the doldrums of mid-winter.

Doctors call this the "contrast effect." For many, December was fun — there were holidays, parties, people all around, activities, family and a fes-

tive mood. February is boring.

"We wouldn't feel nearly as bad without the 'contrast effect,'" says Anisman, whose work in stress-related disorders is funded by the Canadian Institutes for Health Research.

"You look out your window and it's gloomy and yucky. There is not a whole lot to look forward to."

Even to go for a walk is a bit of a drag — putting on

your coat, gloves, hat, scarf and boots.

Winter blues can make you feel irritable and sad, lethargic and tired.

You might experience sleep disturbance, difficulty concentrating, and loss of appetite. Or you may indulge in over-eating. Your symptoms are mild.

"These are biological changes that in severe forms can manifest as seasonal affective disorder," says Anisman.

His advice?

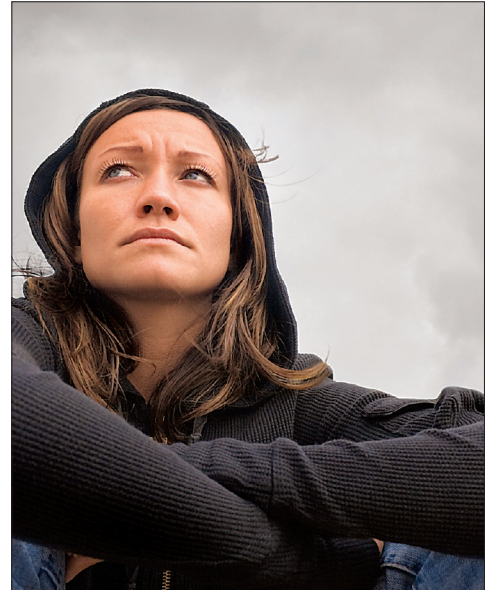
Two things: Get active and get together with other people. If you can do both at once, so much the better.

"Yeah, you can veg in front of the TV, but how many re-runs of CSI can you watch?"

"Get off your butt. Plan a schedule. Force yourself to go to the gym."

The best activities for lightening your mood are those that involve other people.

He recommends team activities such as indoor soccer and tennis. Volleyball is a great winter sport



Getting active and getting together with other people will help chase those blues away.

because you play as a team of six.

"There's yelling and jumping around. It brings out happiness in people," he says.

If you don't like sports, get together with others to share a game.

"Social support is a really super buffer against day-

to-day pressures," says Dr. Anisman.

There is some scientific evidence that "playing" leads to better health.

Play activities are those in which no one feels like a loser — the joy is in the activity itself.

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ROMINA MCGUINNNESS
for Metro World News



HEALTH MYTHS We all swear by some wacky exercise routine or crazy diet we think will leave us feeling lean and healthy. Celebrity fitness trainer James Duigan (model Elle Macpherson has been his client for the past 10 years) sheds some light on some of the biggest myths and misconceptions of food and exercise.

• **NO PAIN NO GAIN** You want to train smart, not hard. You can have an intense workout but that doesn't mean it has to hurt. Make sure you exercise with the correct goal; building muscle, toning up or burning fat.

• **EXERCISE ALONE IS ENOUGH TO LOSE WEIGHT** Eighty per cent of weight loss is to do with your nutrition and only 20 per cent is to do with exercise. Nutrition will not only affect your weight, it will also dictate how you look, feel and

think — it has a huge effect on your mental state of mind.

• **BAN ALL FATS FROM YOUR DIET** The body needs fat but people need to understand the crucial difference between good fats and bad fats. Essential fatty acids, found in oily fish (salmon, mackerel), avocado, nuts and flaxseeds, are the good kind.

• **STICK TO THREE MEALS A DAY AND NEVER SNACK IN BETWEEN MEALS** The fastest way to strip fat is to eat foods containing plenty of fiber and protein, little and often. When training celebrities for a movie, Duigan makes them eat up to eight times a day.

• **NEVER EAT CARBOHYDRATES IN THE EVENING** Many people believe that they won't be able to burn off carbs at night but this is a bit of a myth. Carbs can actually help you get a good night's sleep.

• **IT'S NOT THE CALORIES THAT MATTER, BUT WHAT YOU EAT** It is and it isn't. You must be careful about what you

eat and aware of the calories you are consuming. Getting your calories from organic fruit, meats and vegetables is better than getting them from processed foods

• **VEGETARIAN DIETS ARE HEALTHIER THAN MEAT ONES** Everyone is different, some people respond extremely well to vegetarian diets whereas others can get very sick. Healthy vegetarians should count themselves lucky as most people need meat in their diet.

• **LIFTING WEIGHTS WILL MAKE YOU LOOK BULKY** Unless you lift extreme weights then there is no reason for this to happen. The best thing is to avoid training like a body builder, therefore don't train with one.

• **THE BEST TIME TO WORK OUT IS IN THE MORNING** Work out whenever you can and don't get caught up on the idea that there is a wrong or right time to exercise. Just do what suits you and your lifestyle best

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SKATE, SKI, SLED AND MOISTURIZE!

TIPS FOR PROTECTING YOUR SKIN WHILE ENJOYING THE GREAT OUTDOORS

February is one of the coldest months of the year but that doesn't mean we need to hibernate. It's a time to get outside and celebrate one of the best things about living in Canada – winter activities. Everyone is feeling the urge to lace up the skates, snap on those skis or go tobogganing with the kids.

It's important to remember that winter activities mean winter skin – cold, dry and flaky. Dry skin can appear anywhere on the body, but the most common areas tend to be lower legs, arms, hands, elbows, back, knees and abdomen. In such cases skin can feel tightened or itchy.

Another factor to consider is the sun. Sure we might ignore it when the barometer is less than zero but exposed, unprotected skin is still vulnerable to damage from the sun's ultraviolet rays. Facial sunburns are just as likely to occur on the ski slopes as they are during a blazing hot day at the beach.

One of the great things about outdoor winter activities is the fitness benefits they provide at a time when it's tempting to stay on the couch. Whether we're walking up a hill or shoveling snow from the driveway, we tend to work up quite a sweat under all those layers of warm clothing. This perspiration can result in loss of body fluids and moisture which can lead to dry, chapped skin.

TAKE ACTION AGAINST DRY WINTER SKIN

Don't let the prospect of winter skin force you to retreat indoors. Give your skin the treatment it deserves with **Olay Quench Advanced Relief Body Lotion**. Specifically formulated to help strengthen skin's moisture barrier over time, Olay Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture

Winter activities
mean winter
skin – cold, dry
and flaky

for as long as five days after use. Formulated with ingredients that help combat dryness, including, VitaNiacin and Vitamin E, Olay Quench Advanced Relief is non-greasy and fragrance-free.

Skin care tips for winter activity enthusiasts

Are you engaged in activities that keep you outside and exposed to the elements? Don't let dry, flaky skin become a hindrance. Here are some tips to help 'winter-proof' your skin.

1. USE A MOISTURIZER ON AREAS SUSCEPTIBLE TO DRY SKIN

The most common areas for dry skin include the legs, arms, hands, elbows, back, knees and abdomen. Cold, freezing air can dry out skin, even if you spend much of your time in the ski chalet drinking coco. Use an intense body lotion such as Olay Quench Advanced Relief to replenish any lost moisture.

2. LOWER INDOOR HEAT

While there's nothing like a hot shower or furnace to warm you up after a skating session, it's important to note that indoor heat has drying effects, so make sure you don't overdo it and consider using a humidifier at night which adds moisture to the air. Avoid harsh soaps when you shower and use a body lotion such as Quench Advanced Relief Body Lotion after you shower to lock in moisture.

3. KEEP HYDRATED

If you sweat on the slopes or elsewhere during winter, drink lots of water to avoid dehydration and dry skin.

4. PROTECT EXPOSED SKIN

Just because the temperature's cold, it doesn't mean that you won't get burned. Use a sunscreen with an SPF of 30 or higher, especially when in the snow. Sunscreen can help prevent wrinkles and other types of damage.

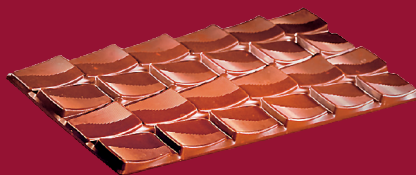
5. COVER YOUR LIPS

Lips are the first to dry out. A lip treatment with SPF protection will help keep your lips from drying and/or chapping.

OLAY®

Justine de Valicourt of Montreal won the top spot in the eighth annual S.Pellegrino Almost Famous Chef Canada regional competition. Valicourt won for her signature dish of Venison in Wooden Flavours. **THE CANADIAN PRESS**

Food



Waves of chocolate

Shape matters in the competitive chocolate bar business. The makers of Nestlé Noir bars asked themselves: Why is chocolate made in almost flat squares? After three years and three dozen experimental shapes, they have introduced the wave. This new shape, its surface partly rippled, is meant to add visual appeal and improve that melt-in-your-mouth quality. **TORSTAR NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Osmond perks up recipes

CBC host teaches back-to-basics cooking



PHOTO COURTESY OF CBC



PHOTO COURTESY OF CBC

Roasted Salmon with Prosciutto.

CELIA MILNE
for Metro Canada

Kary Osmond will have you chopping, stirring and grilling in no time.

This bubbly brunette with big blue eyes blends cooking know-how with passion and flare. She's the host of CBC's new show Best Recipes Ever, on every day at 3 p.m.

Osmond, 30, grew up in a home where cooking was like breathing. Her parents owned a Ukrainian deli and catering business in Mississauga, Ont., so almost everything they did revolved around food. It was natural for her to help out, chopping vegetables and rolling Swedish meatballs even as a child. To this day, she thinks about cuisine all the time. "I sleep with cookbooks," she laughs. In fact, Osmond thought all kids cooked, until she went away to school, where she realized none of her roommates had the faintest clue how to cook rice. So she taught them. Osmond attended

George Brown College Chef School in Toronto, Ont., and has worked as a chef. She always wanted to do a cooking show, but realized it might never happen. "I thought: How will I get started? I have no credibility. No one knows me." She took a job in marketing.

On the side, she planned a website for beginner cooks. She posted a temporary page showing her picture and bio. A recruiter for the CBC saw it and asked her to come in for an audition. Believe it or not, the audition was Osmond's first time in front of a camera. That freshness and spunk is what got her the job. "It's a dream come true," she says.

She was somewhat humbled after rehearsals, when CBC producers sent her home with a tape of herself, which she excitedly showed her husband. "I looked like a cooking show host on speed," she laughs. "I wasn't breathing or pausing. I was nervous."

Osmond taught herself to simmer down. She's now a veteran, with dozens

of shows under her belt. Each show has a theme, such as Soup for Dinner or Best Three Appetizers. She chooses dishes from Canadian Living's 30-year-old recipe library Tested Till Perfect.

"I'm having the time of my life," says Osmond. "I'm so excited to teach Canada to cook. The recipes will turn out every time. I promise."

**THE FOLLOWING RECIPE IS
COURTESY OF BEST RECIPES EVER:**

Roasted Salmon with Prosciutto

SERVES 4

INGREDIENTS:

- 1/4 cup (50 mL) Dijon mustard
- 2 Tbsp (25 mL) chopped fresh chives or green onions
- 1/4 tsp (1 mL) pepper
- 4 skinless salmon fillets (each 6 oz/175 g)
- 4 thin slices prosciutto (about 2 oz/60 g)

METHOD:

1. In small bowl, mix together mustard, chives and pepper; spread over both sides of salmon. Place fish, skinned side down, on prosciutto; wrap around fish.

2. Arrange fish, prosciutto to seam side up, on parchment-lined or greased rimmed baking sheet; roast in 400F (200C) oven until fish flakes easily when tested, about 10 minutes. (Or place on greased grill over medium heat; close lid and grill, turning once, until fish flakes easily when tested, about 10 minutes.)

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Spanish flare

No country understands the old adage of "sometimes you just can't catch a break" better than Spain. Even though it has been turning juice into wine since somewhere around 3000 BC it's still not considered a major player here in North America.

The problem is that what makes Spain unique in the wine world is actually holding it back. Its native grapes are generally hard to pronounce and don't always appear on its wine labels, which means they're not on the tip of the average consumer's tongue. And unless you've been there you probably know very little about Spain other than bull fights, tapas and Antonio Banderas.

Since fruit is the foundation of liquid leaning, meet tempranillo in the form of **Marqués de Cáceres' 2004 Crianza** (\$16.95 - \$21.79). As red grapes go, tempranillo is Spain's superstar and this Rioja-made crianza's mature black fruit (with subtle hints of wood and spice) is a perfect introduction.

Garnacha is the country's second most red popular grape with the jammy, mulberry rich **El Burro 2008 Kickass Garnacha** (\$12.90 - \$14.99) taking the New World road with an easy to read label and cutesy name that doesn't undermine the classic varietal flavours you'll find in the glass.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years. Follow him on Twitter @TheRealWineGuy and email liquidassets@eastlink.ca.

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We have also taken the unprecedented step of suspending the production and delivery of the affected models.

We regret any loss of peace of mind that this recall may have caused. But a recall was necessary because we place the safety of you, our customers, above everything else.

We mobilized our engineering teams around the world to immediately find a solution for the problem. And they have. This will be applied to all affected models – on the road and on the production line – so that every Toyota owner can continue to feel confident in their vehicle.

This week, we will begin mailing information directly to every Toyota owner affected by this recall, with instructions on exactly what they should do next.

For the latest information we encourage you to visit our updated website at toyota.ca, contact your dealer, or call the customer interaction centre at 1-888-TOYOTA-8 [1-888-869-6828].



James offers cash for canine

Jesse James really wants to find his missing dog — and he's willing to dig deep into his pockets. James just tweeted on Sunday that he was raising the reward for Cinnabun to an even \$5,000 US. The dog went missing a week ago in Long Beach, Calif. **TMZ.COM**

19

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

One for Haiti

Simon Cowell's Helping Haiti charity single was completed on Saturday night. The song, a cover of REM's Everybody Hurts, features 21 artists, including Rod Stewart, Mariah Carey, Jon Bon Jovi and Susan Boyle. **FEMALEFIRST.CO.UK**

Roberts finds Edge

Canadian actor lands major Hollywood roles

IAN GORMELY
for Metro Canada

In their never-ending attempt to entice moviegoers to their features, film studios often simplify complicated or convoluted plots in film trailers. But in doing so, they sometimes fail to convey the full scope of a movie. So is the case with *Edge of Darkness*, Mel Gibson's first acting role since 2003.

Trailers have sold the film as a revenge thriller with Gibson, cast as a father pushed to the edge trying to find his daughter's killer. And while that is at the heart of the film, it's only one element of this multi-faceted film.

"Yes, there's much more of a story there," jokes Shawn Roberts who plays Gibson's daughter's boyfriend in the movie. "It's one of those old fashioned movies."

That story, which also includes double crosses and political and corporate intrigue was based on a 1985 BBC series of the

Edge of Darkness is playing in theatres



Canadian actor Shawn Roberts co-stars with Mel Gibson in action thriller *Edge of Darkness*.



same name and adapted, among others, by William Monahan who also penned *The Departed*.

Roberts, a Stratford, Ont., native who now spends most of his time in Vancouver, shared all of his scenes with Gibson, who he described more than anything as "just a guy."

"He can go from being

Mel Gibson, to being (his character) Thomas Craven in a flash. I'm sitting there on the side of the set getting ready for my seven pages of 'Oh my God, I'm just about to die' dialogue and he's fiddling around with stuff on set, and joking with crew members. And the second that rolling is called out, he's there and he's on."

To get the part Roberts made an audition tape and

sent it to the film's director, Martin Campbell. But after some reflection Roberts decided to send another.

"I made one tape up in Vancouver and sent it down, but I wasn't terribly pleased with it," he says. He decided to make another in the hopes that the director would disregard the original. "You can keep it, you can send it," he thought, "but I'm making

another one."

Despite the high profile Hollywood gig, which will be followed by a role in the latest instalment of the *Resident Evil* series, Roberts's still doesn't see himself as having "made it" in Hollywood.

"I think one of the strongest messages is don't come to Hollywood until they come calling," he says. "And I don't think I've made that transition yet."

Oscar nominations unveiled today

James Cameron can deliver an audience, whether at movie theatres or at the Academy Awards, whether in the frosty North Atlantic or on a lush world light-years away.

The Canadian director's science-fiction sensation *Avatar* is among a strong crop of popular films in the running for Oscar nominations today, the sort of hits

organizers hope can elevate the modest TV ratings the ceremony has drawn in recent years.

Along with *Avatar*, prospects in the Oscar's newly expanded best-picture race of 10 films include two other sci-fi smashes, *Star Trek* and *District 9*, the Second World War hit *Inglourious Basterds* and the animated blockbuster *Up*.

Also contending are such critical darlings as the recession tale *Up in the Air* from Montreal-born director Jason Reitman, the war-on-terror thriller *The Hurt Locker*, the Nelson Mandela story *Invictus* and the teen dramas *An Education* and *Precious: Based on the Novel Push By Sapphire*.

Among acting favourites are lead players Sandra Bullock for the football drama *The Blind Side* and Jeff Bridges for the country-music tale *Crazy Heart*, and supporting performers Mo'Nique for *Precious* and Christoph Waltz for *Inglourious Basterds*. All four won Golden Globes for the roles.

Cameron made the two biggest modern blockbusters with 1997's *Titanic*, set aboard the doomed luxury liner on its maiden Atlantic crossing, and *Avatar*, a tale of humans and aliens in conflict on a distant moon.

Titanic did \$1.84 billion US at the box office worldwide. Just before his new sci-fi epic opened in Decem-

ber, Cameron said, "I don't expect that kind of performance out of *Avatar*."

Yet *Avatar*, which won for best drama and director at the Golden Globes, has shot past *Titanic*, heading beyond \$2 billion with plenty of box-office life left in it.

Oscar TV ratings typically rise when a major commercial hit is among the favourites. *Titanic* dominated the Oscars and lured the biggest TV audience ever — 55.2 million viewers — for Hollywood's premier party.

The TV audience has been well below that mark since then, bottoming out at 32 million two years ago, when *No Country for Old Men* was the big winner,



Avatar director James Cameron reviews a scene with actors Sigourney Weaver, Joel David Moore and Sam Worthington. The film is expected to be nominated for several Academy Awards today.

and coming in at 36.3 million last year, when *Slumdog Millionaire* took best picture.

Oscar organizers decided last summer to double the best-picture field to 10 movies, saying they felt there were more than five worthy contenders.

The expanded best-pic-

ture category caught Hollywood by surprise, with filmmakers, actors, studio executives and others divided over the idea. Some say it opens the Oscars up to a broader range of films, others think it might allow lesser movies to sneak into the best-picture competition. **THE ASSOCIATED PRESS**

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Madonna, Jesus split up: Report

Madonna has reportedly parted ways with her Brazilian model boyfriend, Jesus Luz, ending the relationship because they "ran out of things to talk about," according to *Hollyscoop*. **METRO WORLD NEWS**



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Transformers, Land lead Razzies pack

AWARDS Transformers: Revenge of the Fallen made a fortune. Land of the Lost tanked.

Both films are equal earners at the Razzies, though, grabbing seven nominations each on Monday, including worst picture of 2009 and worst-acting slots for Will Ferrell and Megan Fox.

Other worst-picture nominees: Sandra Bullock's romance *All About Steve*, the action tale *G.I. Joe: The Rise of Cobra* and the Robin Williams-John Travolta comedy *Old Dogs*.

Bullock earned a worst-actress nomination for *All About Steve*. She's expected to score an Academy Award nomination today for her hit drama *The Blind Side*.

"She could be the first person ever to win a Razzie and an Oscar in the same weekend," said John Wilson, founder of the Golden Raspberry Awards, now in their 30th year of singling out Hollywood's low points. Winners will be announced March 6, the night before the Oscars.

Razzie voters also are making worst-of-the-decade picks. The worst-picture nominees are Travolta's *Battlefield Earth*, Tom Green's *Freddy Got Fingered*, Ben Affleck and Jennifer Lopez's *Gigli*, Lindsay Lohan's *I Know Who Killed Me* and Madon-

"(Sandra Bullock) could be the first person ever to win a Razzie and an Oscar in the same weekend."

John Wilson

na's *Swept Away*.

Affleck and Travolta are up for worst actor of the decade, along with Eddie Murphy, Mike Myers and Rob Schneider. Lohan, Lopez and Madonna are nominated for the decade's worst actress, along with Mariah Carey and Paris Hilton.

Wilson said the worst-actress category probably would come down to Hilton and Lohan, while "Eddie Murphy I would guess would be pretty hard to beat as worst actor of the decade."

Razzie 2009 nominees also include Miley Cyrus as worst actress and her dad, Billy Ray, as worst supporting actor for *Hannah Montana: The Movie*.

Robert Pattinson was nominated as worst supporting actor for *The Twilight Saga: New Moon*. Co-star Kristen Stewart is in the running for worst screen couple paired with either Pattinson or New Moon player Taylor Lautner.

THE ASSOCIATED PRESS



Transformers: Revenge of the Fallen has been nominated for seven Razzies, which honours the worst films of the year.

Lost for the last time

Fans bid farewell to series stars at Hawaii premiere

What is that black smoke monster? Will Jack's plan to rewrite history work? Will Sun be reunited with Jin? Will the real Locke please stand up? What happens to the island? What does it all mean? How will it end?

Thousands of fans travelled from around the world to the home of *Lost* in a quest to get some answers to the questions that have piled up in the first five seasons. And they finally got what they



Lost star Josh Holloway waves to fans at Saturday's Honolulu screening of the season premiere of the ABC series.

were searching for — sort of.

A crowd of about 12,000 — some wearing bikinis —

on Waikiki Beach were treated this weekend to a special screening of the season premiere, which airs tonight on ABC and CTV and kicks off the sixth and final season of the castaway drama. Stars and directors of *Lost* made an island-style, red-carpet appearance and bid "aloha" to the fans and each other.

Actor Josh Holloway soaked it all in amid a chorus of screaming, photo-snapping women packed 10 deep behind metal gates.

"It's like being in high school. It's like being a senior — getting near the last days of school," said Holloway, who stars as hunky, bad-boy Sawyer.

In 16 episodes, the emotional journey will be ending for the characters and actors, most of whom were unknown before *Lost*.

"I was a struggling actor in the U.K. I came to Hawaii and now I'm on a hit show, so it's changed my life totally," said Henry Ian Cusick, who plays Desmond.

Nestor Carbonell, who plays Richard, the ageless Other, called it an "incredible ride," that he's not so certain he wants to end.

Evangeline Lilly, who stars as sexy jailbird Kate, said it'll be an "end of an era" for her personally. She was 24 when she joined the show and will be 31 when the show wraps this summer.

"This show has carried me through some significant years and I'm going to miss it," she said.

"I'm also excited. I'm excited for the freedom and opportunity it'll bring. But it'll be bittersweet."

THE ASSOCIATED PRESS

If you treat your friend to a better cup of coffee did you still laugh at their new haircut?

Use the coupon above to find out.



Heaton returns to family role in The Middle

Patricia Heaton is a wife and mom again.

Of course, much is changed on *The Middle*, her freshman ABC domestic comedy, after *Everybody Loves Raymond*, where for nine hit seasons she played a frazzled hausfrau opposite Ray Romano.

"It's not normally a great choice, to repeat yourself," says Heaton, acknowledging her knee-jerk reluc-

tance to go home again, sitcom-wise. But *The Middle*, which airs Wednesday at 8:30 p.m. ET, offered her a different place to settle.

"It's from the mom's point of view, and it's not with a bumbling dad who can never do anything right," she says. "It's about trying to keep the marriage lively and raise the kids right, but not having enough time and energy to



Heaton

do any of those things." The *Middle* — presided over by its middle-class, near-ing-midlife couple, the Hecks — is rooted firmly in the Midwest. There, home is more loving and hopeful than on

Raymond, if not less challenging, frantic and funny.

And frumpy. At 51, Heaton is a looker, but as pushed-to-the-limit housewife Frankie, she looks authentically dressed down.

"The plainer I am, the better," says Heaton. "I have these bangs that I clip on. The bangs are the last thing to go on. Then, I can really do the character."

THE ASSOCIATED PRESS

Chuck taps Willard, Swoosie

Chuck has tapped Fred Willard and Swoosie Kurtz to guest star as a Hart to Hart-esque spy couple now over-the-hill but still in the game. **EW.COM**

Remembering Kate McGarrigle

Rufus and Martha Wainwright both sang yesterday at a funeral celebrating the life of their mother, renowned folk artist Kate McGarrigle.

"I will miss her smile, I will miss her hands," Rufus Wainwright told the congregation of about 500 gathered at Montreal's Notre-Dame Basilica.

"I will miss her reckless humour."

Martha Wainwright led a chorus of McGarrigle's last song, Proserpina, and said she would always carry her mother in her thoughts and her heart.

Emmylou Harris, who covered McGarrigle's music, also performed at the two-hour service in honour of the singer, who died two weeks ago after a battle with cancer at age 63.

McGarrigle and her sister Anna became known as the McGarrigle Sisters and began their careers performing at Montreal coffeehouses in the 1960s with a group called the Mountain City Four.

Their first album, Kate



Rufus Wainwright is kissed by sister Martha following the funeral of their mother, Kate McGarrigle in Montreal yesterday.

and Anna McGarrigle, was released in 1975 to critical acclaim. It was selected as one of the best albums of the year by London's Melody Maker and the New York Times.

Some of their most well-known tunes included The Work Song, Cool River and Lying Song.

But they were perhaps best-known to Canadians for their distinctive rendition of Wade Hemsworth's The Log Driver's Waltz, which was featured in a 1979 animated short done by the National Film Board.

THE CANADIAN PRESS

DVD picks



Zombieland

Director: **Ruben Fleischer**

THIS IS A ROAD movie and a buddy comedy, and it's funny as hell, but it's first and foremost a horror thriller about killing zombies. This means a lot of gnawed limbs, exploded skulls and things that go "ick" in the night — and day.

It's a point worth underlining, maybe even in blood, because the film Zombieland most resembles is Shaun of the Dead, which wasn't anywhere near as gory.

If you can't "nut up or shut up," as Woody Harrelson's redneck zombie

zapper Tallahassee commands, then you're not even as brave as Woody's travelling companion Columbus, played by Jesse Eisenberg with his usual neurotic intensity.

Columbus can't make it with the ladies, even undead ones, but he's learned how to handle a shotgun (he's a crack shot, too). In his secondary role of narrator, he lists the survival rules he's developed to evade and eliminate zombies (No. 1: have good cardio for running).

Neither of these well cast dudes is a match for sisters Wichita (Emma Stone) and Little Rock (Abigail Breslin), fellow drifters on the body-strewn road.

Together they pinball across the country, heading towards the California amusement park they've heard might be zombie-free.

First-time director Ruben Fleischer, who hails from video games, and his TV screenwriters Rhett Reese and Paul Wernick have stitched together a real Frankenstein of a

plot, but don't take that as a bad thing — and watch for the best cameo of 2009. Nut up or shut up!

Extras include cast and crew commentary, deleted scenes and making-of featurettes.



Amelia

Director: **Mira Nair**

EVERY UTTERANCE BY Hilary Swank in her interpretation of flying legend Amelia Earhart seems like either a motivational bromide ("What do dreams know of boundaries?") or a statement of female empowerment ("I

want to be free").

Mira Nair's film strives too hard to be profound and not enough to be merely human. Swank bears a resemblance to Earhart, but her problematic accent sounds more like Annie Oakley and her various declarations are almost entirely banal.

What's lacking is any real sense of the woman behind the cardboard sentiments, the one who grew from a Kansas farm girl fascinated by flight into a record-breaking aviatrix whose mysterious 1937 disappearance over the South Pacific still fascinates the public mind.

"There's more to life than being a passenger," Earhart says early on, but the film ultimately takes all of us for a ride.

Extras include deleted scenes, featurettes and Movietone News.

Peter Howell/for Metro Canada

On the web

Read our review of Black Dynamite at metronews.ca/movies

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/2/10	267	351	- ACCESS	Alberta Primetime (Live)	All *** (2001, Biography) Will Smith, Jamie Foxx, Jon Voight.						Primetime
	243	317	3 CFCN	etalk	Access H.	American Idol (HDTV) (N)	Lost The aftermath from the bomb detonation. (N)				CTV News
	-	-	4 OMNI	King/Queens	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	Two/Half Men		Metropia
	-	371	5 KKL	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Lost "Final Chapter" (N)	Lost "LAX (Parts 1 and 2)" (N)		
	245	306	6 CBRT	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National	The Hour
	244	338	7 CICT	ET Canada	Entertainment	The Good Wife "Bad"	NCIS "Masquerade" (N)	NCIS: Los Angeles	(N)	NCIS: Los Angeles	News Hour
	246	-	8 CKAL	Law & Order: Special Victims		The Jay Leno Show (N)	The Biggest Loser The blue and yellow teams return. (N)				EP Daily
	119	705	9 CBFT	Virginie (SC)	La Factice	Providence (HDTV) (N) (SC)	Trauma (N) (SC)			Le Téléjournal Nouvelles. (SC)	TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming	
	-	372	12 KREM	News	Access H.	The Doctors	NCIS "Masquerade" (N)			NCIS: Los Angeles	The Good Wife
news	-	374	14 KSPS	PBS NewsHour (N)		NOVA (HDTV) (N) (DVS)	Wild Lives			Frontline "Digital Nation" (N) (DVS)	
	502	390	15 CBC	CBC News: The National		CBC News: the fifth estate	CBC News: The National			CBC News: The National	fifth estate
	-	370	16 KHO	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	The Biggest Loser The blue and yellow teams return. (N)			Jay Leno Show
	-	373	22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV) (N)	Kitchen Nightmares (N)		News
	297	652	37 WPIX	Melrose Place "Gower"		PIX News at Ten Tong.		Two/Half Men	Friends	Friends	Family Guy
	500	500	29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live	Cooper 360
	508	502	31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show	Nancy Grace
	400	400	21 TSN	Curling Scotlles Tournament of Hearts. (Live)		SportsCentre (Live)				Off the Record "Hockey	Strongest Man
	408	418	27 net	(6) WHL Hockey Red Deer Rebels at Regina Pats. (Live)			Hockey Central	Flames Week		Sportsnet Connected	MMA Conn
	410	403	30 SCORE	Basketball	Court Surfing NBA news, scores and highlights.		Score Now			Score Now	Score Now
sports	411	457	44 OLN	Operate-Repo	Operate-Repo	Ghost Hunters International	Destination Truth			Operate-Repo	Operate-Repo
	417	406	48 SPEED	Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)	Pass Time	NASCAR Hub		Monster Jam (HDTV)	Super Bikes!
	552	543	20 YTV	iCarly	To Be Indie	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like
	557	541	39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz
	555	545	67 TOON	Jimmy Two	Johnny Test	Scoby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill
	575	583	11 CMT	According/Jim	Home Improve.	Home Improve.	Shaye: This Is It			Amer. Funniest Home Videos	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two		Beauty Call	Style by Jury
	602	568	23 W	House-Sell	House-Sell	Supernanny		The Shopping Bags		19 Kids-Count	18 Kids-Count
	521	560	24 TLC	19 Kids-Count	18 Kids-Count	Little Couple	Little Couple	19 Kids and Counting		19 Kids-Count	18 Kids-Count
family	603	561	25 FOOD	The F Word (N)		Good Eats	Good Eats	Restaurant Makeover		Diner, Drive-In	Unwarranted
	615	520	26 A&E	Psychic Kids: Paranormal		Paranormal	Paranormal	Paranormal	Paranormal	(10:01) Criminal Minds	Psychic Kids
	617	522	32 SHOW	Trailer Park	Trailer Park	Relic Hunter		Love Notes (2007, Drama) Laura Leighton, Antonio Cupo.		The Deep End of the Ocean ** (1999, Drama)	Cold Comfort
	601	563	33 SLICE	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada	What Happen?	Real Housewives NYC	Housewives
	-	633	34 ENC2	(7:15) The Revolving Doors ** (1988, Drama), Miou-Miou				The Deep End of the Ocean ** (1999, Drama)			Cold Comfort
	520	505	35 DISC	Destroyed	Destroyed	License to Drill "Cabin Fever"		Daily Planet		Destroyed	Destroyed
	620	523	36 BRAVO	The Musical Brain		Synchronicity		Law & Order		Without a Trace	Another You
	294	650	40 WPCB	Law & Order: Special Victims		In the Mix * (2005, Comedy-Drama) Usher.				The Office	Stealth (2005, Action)
	626	547	41 COM	Just for Laughs		Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park
	-	539	42 TCM	(6) The Thin Man (1934)		The Best Years of Our Lives **** (1946, Drama) Fredric March, Myrna Loy.				(10:12) Pros vs. Joes	CSI: Crime Scn
cable variety	628	584	43 SPIKE	Entourage		Entourage		Entourage		Pawn Stars (N)	Pawn Stars (N)
	622	516	45 HIST	Ancients Behaving Badly		Ancient Discoveries		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)
	627	528	46 SPACE	Human Target (N)		Fringe (HDTV PA) (N)		InnerSpace	Stargate SG-1 "Prodigy"	Star Trek: Next Gener.	
	-	-	47 AMC	Lara Croft Tomb Raider: The Cradle of Life		(8:45) Escape From L.A. ** (1998, Action)				(10:45) End of Days *	
	619	525	49 TROP	End of Leash	Bootcamp	Parking Wars	Parking Wars	Rescue Ink "No Bull"		Dog Whisperer	End of Leash
	600	564	50 HGTV	Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes on Homes		Million Dollar Listing	Bang, Buck
	501	391	52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504	508	70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities
	526	507	92 VIVA	The Closer		Cold Case		Psychic Inv.	Ghostly Enc.	Judging Amy	Missing
	269	350	93 APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Blackfly	Moose TV	MYTV	Rez Tunez
cable variety	-	-	94 MCP	World News		My Queen	Immortal Yi, So	II Caffe		In Germany	Euroamxx
	571	584	100 MMM	I Want to Work for Diddy		Entourage	Wild 'n Out	mtm10p.10.ca		I Want to Work for Diddy	Entourage
	570	580	101 MM	My Date With...	Muchmusic Countdown			MuchOnDemand		America's Best Dance Crew	disBAND
	581	566	102 MTV	(6:30) Teen Mom		Teen Mom (N)		After		Taking the Stage	Teen Mom
	-	-	116 TV5	Partir autrement		ADN	Nouva	TV5 Le Journal	(9:35) Temps présent	(10:35) Horizons (SC)	

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Bar Refaeli loves wearing cheap underwear. The stunning model — who is the on/off girlfriend of Leonardo DiCaprio — admits she boycotts expensive panties for cheaper ones because she thinks luxury underwear is a waste of money, femalefirst.co.uk reports. **METRO NEWS SERVICES**

Celebrity Buzz

Bell, Shepard engaged

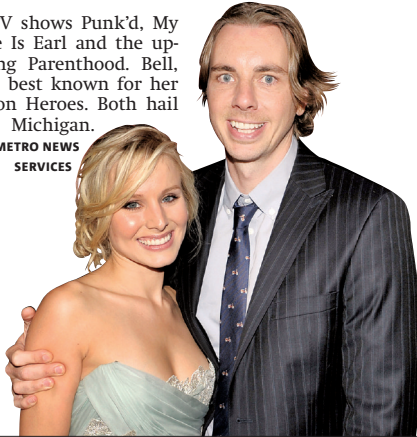
WOW ... IT'S LIKE IT WAS VERY DELIBERATELY TIMED OR SOMETHING Kristen Bell and Dax Shepard had something even shinier than a Grammy to show off on the red carpet of the Staples Center Sunday night: Her engagement ring, people.com reports.

The couple, who've been together for years and currently costar in the romantic comedy feature *When in Rome*, are getting married. Bell's rep, Marcel Pariseau, confirms to People, "Yes, they are engaged. Over the holidays."

Shepard, 35, has been on

the TV shows *Punk'd*, *My Name Is Earl* and the upcoming *Parenthood*. Bell, 29, is best known for her role on *Heroes*. Both hail from Michigan.

METRO NEWS SERVICES



Tito Jackson under fire

MJ ... THE GOSSIP TABLOID GIFT THAT NEVER STOPS GIVING Tito Jackson is accused of single-handedly torpedoing a Michael Jackson tribute concert last year — and now the guy behind the show is looking to settle the score, TMZ.com reports..

A



concert promoter named Roy Isaac has fired off a letter to Jackson demanding he return a \$7,500 US deposit allegedly paid for a concert in Michigan that never happened.

Isaac tells TMZ the whole thing fell apart, in part, because Jack-

son refused to do any press for the show. Now, Isaac has told Jackson that he wants his money back — in 30 days — or else he'll sue.

Jackson's rep tells TMZ that Tito never got the money and Isaac's beef should be with Jackson's former booking agent.

METRO NEWS SERVICES

No V-Day plans for Miley

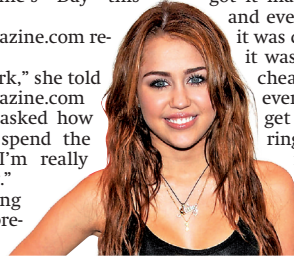
SOMEONE PHONE UP R. KELLY Miley Cyrus — who has been spotted smooching Aussie actor (and *Last Song* costar) Liam Hemsworth — doesn't have any plans for Valentine's Day this year, usmagazine.com reports.

"Work," she told usmagazine.com when asked how she'll spend the day. "I'm really boring."

During an E! pre-

Grammy show, she denied rumours that she's engaged — or that she's been wearing a promise ring. "I bought it myself," Cyrus, 17, said of the bling. "And I got it made in London, and everyone thought it was diamond when it wasn't. It was the cheapest thing ever ... So if I do get a promise ring, it better be real."

METRO WORLD NEWS



Ricky Gervais keeps it real

AMEN TO THIS Ricky Gervais is stirring up controversy after suggesting that certain people should be forbidden from reproducing.

"What there is, is too many useless people. Too many people who shouldn't have children," Gervais tells the *Sunday Times*. "If there's a woman in leggings, eating chips with a (cigarette) in her mouth, sterilize her." Gervais says he and his longtime girlfriend, Jane Fallon, have decided not to have

children, explaining that it's "too much hassle."

METRO WORLD NEWS



Follow these celebrities on Twitter...

CelebTweets

JONATHAN ROSS is making unpleasant discoveries, **NICOLE RICHIE** is taking part in history again, **DANE COOK** knows how to get over someone, and **KATY PERRY** keeps getting into trouble on Twitter. @vossy I just coughed and a little piece of something I ate in 1985 has emerged. Back to bed for me... @nicolerichie I was 4 years old in a studio watching my dad record *We Are The World*, & today I get to do it again. Excited to help make a change. @danecook Best feeling when u see ur ex making out w/ some1 else at a movie & u dont care. Better feeling when the person ur w/ is way hotter. @katyperry sorry mom, again. **METRO WORLD NEWS**



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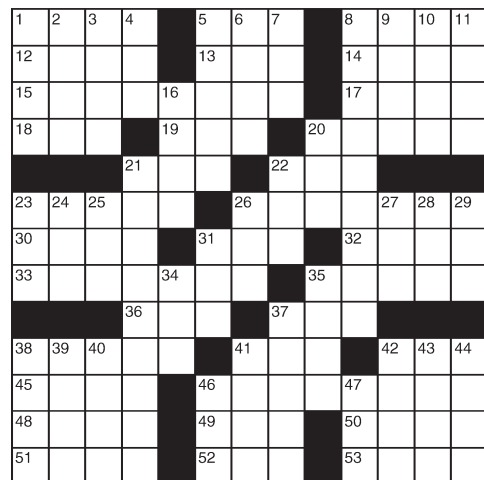
No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes February 7, 2010 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.clubmetro.com



Andrew Schultz, Meteorologist – Breakfast Television

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WEEKDAYS AT 6 A.M.



ACROSS

- 1 Cleanser
- 5 Aviate
- 8 "Consarn it!"
- 12 Diamond
- Head locale
- 13 "7 Faces of Dr. —"
- 14 Sand-wich cookie
- 15 Leave the witness stand
- 17 Corrosion
- 18 Resistance unit
- 19 Coffee shop vessel
- 20 Trap
- 21 Dos Passos trilogy
- 22 Addressee
- 23 Representative
- 26 Showing 33-

- 36 Ply oars
- 37 That girl
- 38 At the stern
- 41 Slithery squeezer
- 42 Billboards
- 45 Texas city
- 46 Track
- 48 Fancy rental car
- 49 Buck's mate
- 50 Staff
- 51 Undo a dele
- 52 Whatever number
- 53 Surrounded by

DOWN

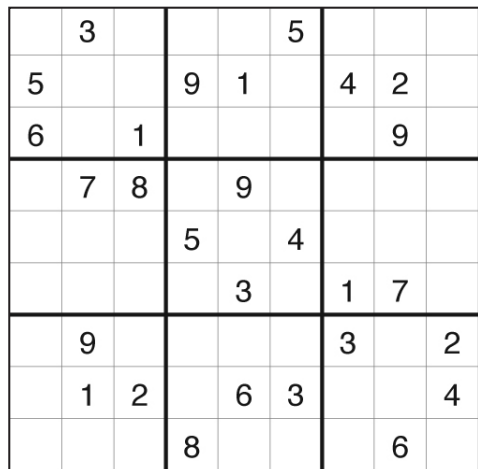
- 1 Mediocre
- 2 Inauguration recitation
- 3 Throat-clearing sound
- 4 Litter member
- 5 Plant life
- 6 Gnome home?
- 7 Thither
- 8 Australia
- 9 Geometry find
- 10 Approach
- 11 Clinton's veep

- 16 White-glove find
- 20 Spread seeds
- 21 In the way
- 22 Shriek bark
- 23 Priestly vestment
- 24 Sticky stuff
- 25 Blunder
- 26 Sweet potato
- 27 Glass of NPR
- 28 Sister
- 29 "Pygmalion" playwright's monogram
- 31 Intimidate
- 34 Speck
- 35 Vegan's no-no
- 37 Nonsense
- 38 Piercing tools
- 39 Fisherman's supply
- 40 Pinnacle
- 41 Blessing
- 42 Teensy bit
- 43 Sandwich shop
- 44 Raced
- 46 Rx watchdog org.
- 47 Resort

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



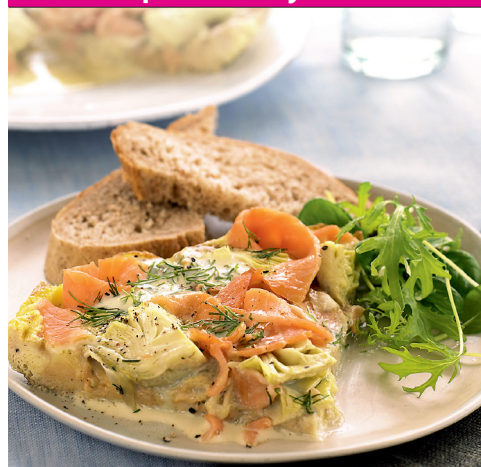
9	5	3	4	1	6	2	8	7
6	2	7	3	8	5	9	4	1
1	8	4	7	2	9	5	3	6
5	4	1	2	9	7	8	6	3
3	9	6	1	4	8	7	2	5
8	7	2	5	6	3	1	9	4
2	6	5	9	3	1	4	7	8
4	1	8	6	7	2	3	5	9
7	3	9	8	5	4	6	1	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Salmon and Artichoke Open Omelette

INGREDIENTS:

- 8 eggs
- 1/4 lb (125 g) smoked salmon slices
- 1 tbsp (15 ml) chopped fresh dill
- 3 tbsp (45 ml) sour cream
- 1 1/2 tbsp (20 ml) butter
- 14 oz (398 ml) can baby artichokes, rinsed and quartered

METHOD:

1. Break eggs into large bowl and add 3 tbsp (45 ml) water and seasoning. Beat until combined but not foamy.
2. Cut salmon slices into 4 x 1 1/4 in. (10 x 3 cm) ribbons. Stir dill into sour cream. Preheat Broiler.
3. Heat butter in nonstick frying pan that can go under grill. When butter looks foamy, pour in egg. Cook over high heat until

egg starts to set underneath. Using back of fork, stir so that liquid egg runs under set mixture.

Leave to cook until omelette starts to brown underneath. 4. When omelette looks almost set, quickly top with smoked salmon strips and scatter artichoke over. Remove pan from heat and slide under grill; cook until lightly browned on top. 5. Remove from heat. Spoon dollops of sour cream on to omelette, which will melt to make light sauce. Cut into wedges and serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Don't worry if you've been finding it difficult to get along with a certain individual. Venus, planet of harmony, will help you overcome your differences.



TAURUS
APRIL 21-MAY 21
If there is something you want done, something that is important to you, there is no alternative but to do it yourself.



LIBRA
SEPT 23-OCT 23
Someone you live with or work alongside is being less than honest about what they intend to do and what they do could affect your livelihood.



SCORPIO
OCT 24-NOV 22
Why are you worrying about things over which you have no control? Whatever the reason your task now is to embrace the unknown.



GEMINI
MAY 22-JUNE 21
If you let others set the rules of the game today they will inevitably fix them so that they win and you lose.



CANCER
JUNE 22-JULY 22
Think long and hard before ending an association that won't be easy to resurrect. You may be angry with someone for letting you down.



SAGITTARIUS
NOV 23-DEC 21
Take a break from your work and think about the direction in which your life is moving. Sometimes Sagittarians can stray off course a little.



CAPRICORN
DEC 22-JAN 20
You are attaching far too much importance to other people's opinions and not enough importance to your own beliefs.



LEO
JULY 23-AUG 23
Loved ones will be extra demanding today and if you get through to bedtime without losing your cool you will have done very well indeed.



AQUARIUS
JAN 21-FEB 18
If you think that someone is wasting your time then let them know you don't take kindly to those who tell you one thing but mean another.



VIRGO
AUG 24-SEPT 22
Take it easy today, and for the next few days, because there are some busy times ahead. Changes on the work front could affect you.



PISCES
FEB 19-MARCH 20
Put minor issues out of your mind and focus only on the things that really matter. Some people may be upset that you have no time for them, though.



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